



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

USE YOUR YMCA BENEFIT, JOIN THE YMCA IN AUGUST AND GET 1 MONTH FREE!

ONLY IN AUGUST, SIGN UP AT YOUR LOCAL YMCA, DO A SMART START & GET 1 MONTH MEMBERSHIP FREE!!

KICK-START School Year 2013!

MARICOPA
COUNTY WORKING ON
WELLNESS
TOGETHER WITH THE
VALLEY OF THE SUN **YMCA**

Congratulations if you are reading this, you are already on your way to getting fit! The **SMART START Healthy Living Program**, only available at the YMCA, uses the latest exercise-motivation tools, techniques, and brand new GROUP fitness classes to KEEP you motivated! If you have started a program before, but just could not stick with it, stop beating yourself up you are not alone. Our new **SMART START Healthy Living Program** will keep you on course and get results. Live healthy, feel better and look great!

SMART START™

